

Benefits Newsletter

April 2022




For any Benefits content questions, contact the SRNS Service Center at 5-7772 or via email at the SERVICE-CENTER@srs.gov.

April 2022 | Issue 0044



April

NOTES:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12 Benefits and You	13 	14	15 HOLIDAY	16
17	18	19	20	21	22	23
24	25	26 	27	28	29	30



Health and Welfare

Are You Sleeping Enough?



Sleep plays an integral role in health. A good night's sleep empowers the body to recover and lets you wake up refreshed and ready to take on the day. Unfortunately, many people have sleep problems and don't get the rest that they need. Insufficient sleep and poor-quality sleep can be due to diverse factors including sleep disorders, medical conditions, and mental health. Sleep issues affect people of all ages, and its impacts can be far-reaching.

Statistics About How We Sleep

- In a normal sleep period, a person experiences four to six sleep cycles.
- REM sleep makes up between 20–25% of total sleep—in healthy adults.
- On average, we spend about two hours per night dreaming.
- The key driver of the body's circadian rhythm, or internal clock, is the suprachiasmatic nucleus (SCN) in the brain, which is made up of around 20,000 neurons.
- Body temperature during sleep drops by one to two degrees Fahrenheit.
- Metabolism drops by around 15% during NREM sleep.

Statistics About Insufficient Sleep

- Adults between 18 and 64 need seven to nine hours of sleep per night. Adults over 65 need 7–8 hours.
- Almost half of all Americans say they feel sleepy during the day between three and seven days per week.
- 35.2% of all adults in the U.S. report sleeping on average for less than seven hours per night.
- At 43%, Hawaii has the highest percentage of adults who get seven or fewer hours of sleep per night. South Dakota, at 26%, has the lowest percentage.
- Of major cities in the United States, Boulder, Colorado has the lowest percentage of adults who sleep less than seven hours per night, coming in at 24.2%. Camden, New Jersey and Detroit, Michigan tie for the highest rate, with 49.8% of adults in those cities reporting short sleep.
- When compared to whites, black adults are almost twice as likely to describe sleeping too little and are 60% more likely to report sleeping too much.

<https://www.sleepfoundation.org/how-sleep-works/sleep-facts-statistics>



Health and Welfare



HSA Bank Webinars

As a participant in the Health Savings Account (HSA) plan, HSA Bank would like to invite you to webinars regarding their HSA and how to utilize the plan to its maximum benefit. The two webinar topics that will be offered are HSA 101 and HSA Investment Overview, each webinar is one-hour in length. These webinars are a great way to learn more about the HSA and the investing options through HSA Bank. The registration links for the webinars are listed below:

HSA 101

- Wednesday, April 13, 2 p.m.

HSA Investment Overview

- Tuesday, April 26, 10 a.m.

Check SRS Connected for
webinar links

If you have specific questions that you would like answered during one of the webinars, send them to Kerri.Makekau@srs.gov.

Changes to employee contributions for HSAs are to be made through the Self Service portal in eApplications. For assistance, contact Service-Center@srs.gov.



Retirement Services

Thinking About Retirement? We can help you figure out if you are ready!

Retirement—Your Next Chapter is designed for those who are thinking about retirement. We offer step-by-step guidance on your specific retirement needs in a personal retirement strategy session—at no cost or obligation to you.

- **HOW** long will my money last?
- **HOW** much money do I need to retire?
- **WHEN** should I begin taking Social Security?
- **HOW** will I pay for medical expenses in retirement?

The webinar will be available— Tuesday, April 19, 2022, <https://www.cvent.com/c/calendar/2236b26c-72f9-4280-95f7-1e7a01ac0608>

If you have a questions or concerns, please contact Pathways@Prudential.com or (844) 592-8993.

Note: Participation in these webinars requires your manager's consent. Time used for the webinars are not to be recorded as overtime/additional hours. If you are unable to participate in the webinars, please be assured the content may be provided again at a later date or it may be uploaded to InSite the week following the provided dates.





Retirement Services

Women and Retirement, a beneficial Transamerica webinar offering!

Join Transamerica to learn and explore the unique challenges women may face when preparing for their financial futures. Women are living longer, sometimes suffer from income inequality and are often out of the workforce for a period of time raising families. The Women and Retirement webinar will address these challenges and provide tips for building a secure financial future.

This webinar outlines four common issues women face that may impact their ability to retire when and how they want. It is approximately 30 minutes in duration. We will: • Discuss what these issues are. • Look at steps for building a solid financial plan. • Explore how Transamerica can help you on your journey to retirement.

Please click the registration link for dates and times.

<https://register.gotowebinar.com/rt/7666196794036301057>

Upcoming Financial Webinars

Attend a Money Management Essentials webinar hosted by Transamerica

Join Transamerica at this informative webinar for tips on building a financially fit future. This webinar will include easy-to-use strategies for saving, budgeting, and managing your credit and debt. Now is a great time to get started on improving your financial future!

It's never too late to adopt healthier financial habits. This webinar will give you easy-to-use tips for: • Budgeting • Saving and investing • Improving your credit score • Paying down debt

Please click the registration link for dates and times.

<https://register.gotowebinar.com/rt/88144967578039824>





Disability

**NEED PAY WHILE
YOU ARE OUT
SICK?**

**IMPORTANT
REMINDERS
FOR SHORT-TERM
DISABILITY (STD)**



1

Contact your immediate supervisor and SRNS Disability Nurse Case Managers for an absence due to non-occupational injury or disability.

- Disability Nurse Case Management: 803.725.SICK, Prompt 4
- Email: 5SICK@srs.gov

2

There is a 40-consecutive hour waiting period required.

- 16-consecutive hours for Craft A employees

3

Sign a medical release to obtain your medical records and fax it to SRNS Disability Case Management.

- FAX Number: 803.952.9663

4

Allow 5SICK time to review and determine if the medical information you provided meets the criteria for STD.

- If approved, a TACs notification will be sent to you and your manager with the proper time classes.

5

You **MUST** contact 5SICK to schedule your return to work with Site Medical.

FOR INQUIRIES:

**EMAIL: 5SICK@srs.gov,
PHONE: 803-725-SICK, PROMPT 4**

IF YOU DON'T CALL NO PAY



Wellness

NATIONAL WALKING DAY – April 6th

NATIONAL WALKING DAY STATISTICS

- 3.1 miles per hour — the average walking speed of a human.
- 500 miles — the walking duration a pair of tennis shoes lasts for.
- 50% — the percentage of Americans who exercise regularly.
- 6,000 — the number of steps a day that improves overall health.
- 65,000 miles — the distance a person walks in their lifetime.
- 10 miles — the distance it would take to walk every week to end 500 pounds of carbon dioxide emissions every year.
- 20 minutes — the number of extra minutes of walking it would take to burn seven pounds of body fat per year.
- 2,000 steps — the number of steps that equal one mile.
- 60% — the percentage boost human creativity gets from walking.
- 15 minutes — the time it takes to curb sugar cravings by walking.

HISTORY OF NATIONAL WALKING DAY

Walking has always been a part of being human. Many archaeologists have found that even when humans were nomadic tribes, we would often walk great distances to stalk our prey (think Woolly Mammoths) and wait for them to sleep before pouncing. Walking is, essentially, what humans are physically we best at. We're the slowest runners, the worst swimmers, and we can't even fly without a big jet engine. Walking is the humans bread and butter.

Maybe that's why during the Victorian era there was a little fad called pedestrianism, where walking became one of the major spectator sports in America and Europe until baseball usurped it. But individuals would wager massive bets over whether walkers could make it marathon distances and under what time. There's a reason why racewalking is an Olympic sport, after all.

Whether it's John Muir's spiritual journeys through the woods; pilgrimages to Mecca; or just a casual stroll through your local park, walking has always held a close, dear place in the hearts of humans. It's no wonder that there are so many health benefits associated with it and also why National Move More Month and National Walking Day were created promote this fantastic and surprisingly easy pastime.



April 2022 | Issue 06



Benefits Spotlight



BCBS – My Health Toolkit App

My Health Toolkit App

1. Learn more about your coverage

Look up your medical coverage, deductible and out-of-pocket spending.

2. Check medical claims

View the status of a current or previous medical claim, the date of services, the amount charged by your provider and the amount you may owe.

3. View your identification card

You can access and share an electronic version of your card.

4. Shop for care

Use the **Find Care** link to view a list of network doctors and medical facilities in your area. Check out features like patient reviews, quality information and accepting new patients.

5. Access our full site

The link to our website allows you to order a replacement membership card and many other tasks.



South Carolina



*Manage your benefits
on the go*

Search **My Health Toolkit** and look for the icon above. You can also visit www.SouthCarolinaBlues.com and create your My Health Toolkit account online.

April 2022 | Issue 06

